

Characteristics of Healthy Relationships

You feel safe and comfortable with each other. You play, laugh, and have fun.

Communication is open and spontaneous. You listen to each other and feel that you are heard. You decide things together.

You can express your feelings without fear of your partner's reactions. You can talk about conflict directly and resolve it with win-win outcomes.

Rules and boundaries are clear and defined, yet allow for flexibility if you desire change. Both of you feel free to express your needs.

Feelings and needs are expressed, appreciated, and respected by both.

You can be together as a couple without losing your sense of self. Each person feels self-confident and secure in his/her own worth.

Each person's individuality, freedom, and personal identity are enhanced by the relationship.

Personal growth, change, and exploration are encouraged for each and by each partner.

Conflict is faced directly and resolved.

The partners in the relationship are able to let go of the need to "be right." (This is called humility)

Partners are fair when they work things out.

Tolerance -- forgiveness of self and others -- is present.

Your lives outside the relationship make your relationship stronger. Other meaningful relationships and interests exist for both partners.

You each take responsibility for your own behaviors and happiness (one doesn't blame the other for feelings or things that happen).

Mistakes are accepted and learned from.

There is a willingness to take risks and be vulnerable.

Your partner does not try to change or control you when you disagree.

You can say "no" without feeling guilty about it.

You can really trust each other. You feel trust and you have reason to trust. You each work hard to be trustworthy for the other.

There is a balance of giving and receiving in your relationship. Equality is both affirmed and celebrated.

Each person can enjoy being alone and requests for privacy are respected.

Both people recognize that any violence is unacceptable.

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Battered Women's Project

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